

## ABSTRACT OF THE DISCLOSURE

An ink jet recording sheet having high ink-absorbing ability is disclosed. A porous structure is formed inside of an ink-permeable layer of a recording sheet according to the invention. The total volume of pores having a radius ranging between 100 nm or more and 10000 nm or less is 0.06 cm<sup>3</sup>/g or more owing to the porous structure. Therefore, ink applied to the surface of the ink-permeable layer is permeated vertically through the porous structure and blurring is therefore scarcely caused. Also, an ink-absorbing layer having hydrophilic a resin has high ink-absorbing capacity. The ink permeated through the ink-permeable layer is absorbed in the ink-absorbing layer and fixed, so that it is not diffused in the recording sheet. Therefore, the recording sheet has high ink-absorbing ability and is therefore free from blurring and enables high print density also when it is used for printing in an ink jet system.